

# Wasatch County Seniors Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00 pm—Phone: (435) 654-4920



## SPOTLIGHT

### Ann Clarke

My full name is Margaret Ann Sumsion Clarke. I was born in Pleasant Grove, Utah on December 4, 1941. My mother, Margaret May Thomas grew up in Heber City and my daughter and her family live in the valley now. I graduated from Provo High School in 1960. I was also a Physical Education major at B.Y.U. I was married to Wayne Sabey Clarke for forty-eight years. He passed away two years ago. We enjoyed spending time with our children at our cabin in



Timber Lakes, road trips to national parks, and boating in Lake Powell. While married we lived in Springville, Cedar City, and Cottonwood Heights. I worked from home as a beautician for many years. I have four children, fourteen grandchildren, and six great grandchildren. I enjoy traveling and have been to many wonderful places including Europe, Mexico, Canada, China, Thailand, Kenya, Australia, and more. I like to shop, garden and watch the Utah Jazz play.



#### Senior Center Department

- Center Director:  
Ashley Fish
- Food Services Manager:  
Cora Briggs
- Administrative Secretary:  
Tiffany Horrocks
- Activities Coordinator:  
Candie Bonner

#### COUNTY ADVISORY BOARD 2019

- Chair: Jim Kohler
- Vice-Chair: Sidney Ellingford
- Secretary: Marcia Young

#### Regular Members:

Sidney Ellingford, Steve Farrell (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

1<sup>st</sup> Alternate: Betty Brandner  
2<sup>nd</sup> Alternate: Tom Melville

#### SENIOR CENTER CORPORATE BOARD 2019

- President: Perry Rose
- Vice-President: Sandy Hansen
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Carroll Lee Hicken

Directors: Dee Akerley, John Besendorfer, Roy Daniels, Cheryl Jones, Wayne White

## From the New Corporate Board President . . . . .

Happy New Year to all of you. I hope your Christmas was great and you were able to enjoy the true meaning with your loved ones gathered around you.

As the incoming President I want to take a moment and say Thank You to our outgoing President Dennis Allen. I hope I will be able to serve as well as he has. He will be our Past President and there is no question in my mind that I will be able to go to him with questions and get the right answers. Let me say Thank You to the other board members who give so much for so little. To Ashley Fish, all of the front Office staff and let's not forget the Kitchen staff. Without all of you this organization would fail. God Bless you all and again Thank You.

I am very excited to serve and be apart of this organization. I have been treated so well by all of you. I do not know how I could ever repay any of you. I want all of you to know that I am open to ideas and suggestions that you may have. Lets work together to get more seniors out to lunch and to our programs. As we grow old it is important for us to have a social life and I cannot think of a better place to be than right here with all of you.

I look forward to serving with the new board some who have been serving for a long period of time and some who are new. Welcome, Sandy Hansen as our new Vice President/President Elect. No question that this board is some of the best we could have representing us. I know each and every one of them. I can tell you they have the same goal in mind as I do. That is to be the best at listening to all of you and your ideas and doing what is right for all- not just a few.

My Mother (Betty Rose) told me that she loved each and everyone of you before she passed away many years ago. She made me promise that I would be involved and serve, to the best of ability, all of you when I got old enough to be a member. Well, not sure I am old enough but I am here to fulfill that promise.

May this year be the best for all of us and our families. May we unite and become one, to concur those heavy tasks that we may come across and enjoy together the good times.

**Perry Rose**



**Tom Melville**

Is our newest County Advisory Board Member.

Bingo Betty showing off her new sweatshirt!



Are you interested in playing Bingo?

Bingo is played every Thursday at 1:00.



When needing to ride on the Tuesdays and Thursdays "Lunch Bus", please call the Front Desk 435-654-4920 to make sure it's "running" that day.

Note: There must be 4 or more RIDERS, each time, or the bus(es) don't run.



# MEDICARE

As the new year rolls around we wanted to make you aware of several enrollments that will begin in January. **The first** is the General Enrollment Period. Every year the General Enrollment Period (GEP) for Medicare occurs between January 1 and March 31. This is the time—and usually the only time—during which those who are otherwise eligible for Medicare Parts A and/or B and failed to enroll when they were first eligible have another opportunity to join. People may use the Medicare GEP to enroll at any time during January, February, or March. Regardless of when they enroll and which parts of Medicare they choose, all coverage will start on July 1. That's one of the many reasons why it's so important to sign up for Medicare when first entitled to do so. **The second** is the **Medicare Advantage Open Enrollment Period**: You can switch from your Medicare Advantage Plan (excluding **Medical Savings Accounts**) to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1 through March 31. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP. If you have questions about either of these enrollments, please call me (Dawn Loper) at 801-229-3819. I will be at the Wasatch Senior Center on January 14, 2020. Please call for an appointment for that day, if needed. I can also give you information about a program called Extra Help for assistance with Medicare prescription costs.

## DAWN LOPER

SHIP Medicare Counselor

801-229-3819

[www.LoveYourLaterLife.org](http://www.LoveYourLaterLife.org)

## Obituaries

Richard L McPhie  
Born: December 27, 1946  
Died: November 18, 2019  
Married: Nancy Thompson

LuWana Moulton Richardson  
Born: July 10, 1936  
Died: November 25, 2019  
Married: LeRoy Richardson

Cindy Montgomery Fitzgerald  
Born: December 26, 2019  
Died: November 30, 2019  
Married: Athel Bonner Fitzgerald II

Beverly Jean St Clair Orton  
Born: December 30, 1931  
Died: November 30, 2019  
Married: Frederick Leroy Orton

Darlene Rasband Bigler  
Born: March 26, 1930  
Died: December 9, 2019  
Married: Adelbert Bigler



Eugene K. Probst  
Born: February 10, 1925  
Died: December 14, 2019  
Married: Darlene Turnbow

Ann (Susan) Best  
Born: April 4, 1947  
Died: December 17, 2019

Velma Edwards  
Born: February 2, 1940  
Died: December 17, 2019

Donald John Young  
Born: September 17, 1933  
Died: December 18, 2019  
Married: JeNeal Henderson Young

Monica Bignall Kohler  
Born: March 1, 1936  
Died: December 21, 2019  
Married: Alvah Kohler



WE'RE ON  
FACEBOOK!

Wasatch Senior  
Citizens Center

# No Firesides in January



To all our Seniors...just a little info from the kitchen. Wow, it is officially 2020. How time flies when we're having fun.

This month brings us: National Bath Safety Month, National Blood Donor Month, National Braille Month, National Hobby Month, Hot Tea Month, National Oatmeal Month and National Soup Month.

We will be closed January 20<sup>th</sup> for Martin Luther King Day. Hope it doesn't snow, so we can enjoy the outdoors. Breakfast will be served the following week on Tuesday the 28<sup>th</sup> at 10:00 AM.

There will be no Firesides for the month of January. Check the activity calendar for all the fun things Candie has planned. Come and enjoy.

Please remember to keep drinking your water. The air has been dry and we need to keep our bodies hydrated.

Until next time, take care...Cora Briggs

"Today you are you

That is better than true.

There is no one alive who is

Younger than you."

By: Dr. Seuss



### Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). For more information about the Meals on Wheels program call Tiffany at the Senior Center. 435-654-4920

**FREE Piano classes on  
Thursdays at 9, 10 & 11 a.m. taught  
by**

**Christy Ackerson**

**For an appointment  
Call 801-864-6403**



## SPECIAL LUNCH PROGRAMS

*Thursday, Jan 2: RMMS Orchestra & Choir*

*Tuesday, Jan 7: RMMS Band*

*Thursday, Jan 9: Melissa Werner- Applegate HH&H*

*Tuesday, Jan 14: Dawn Loper - MAG*

*Thursday, Jan 16: Coleen Oshier-  
"Properly disposing of meds"*

*Tuesday, Jan 21: Jim Lolley- Elk Meadows*

*Thursday, Jan 23: Music Cary Hobbs & Friends*

*Thursday, Jan 30: Victoria Royeton- "Senior Companion"*

## Senior Treasure Table

The next dates are:

**Tuesday, January 7th until**

**Thursday, January 9th**

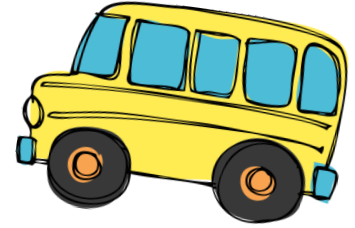
**Any questions please see Lynn Allen**

## TRIPS & TOURS

*To register call Candie @ 435-654-4920 (by the deadline) or sign up & pay at Senior Center. Payments must be made at time of signing up. Current paid members will receive first consideration if space is limited. In the event a trip time/ date needs to change we will let you know ASAP. Tickets & activities are non-refundable unless noted otherwise.*

**\*NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

*For costs and information on longer Bus Tours, Cruises, & International trips, check the Travel Table at the Senior Center.*



<b>Date:</b>	<b>Registration Deadline:</b>	<b>Cost:</b>	<b>Details:</b>
Saturday, January 4th	_____	_____	Seussical: Hale Theatre, Sandy (Grandkids Are Welcome)
Monday, January 6th	Jan. 6th	No Charge	Movie: "Annie" at Senior Center
Wednesday, January 8th	Jan. 6th	\$2 Lunch On Own	Luncheon at Mirror Lake Diner: Kamas
Tuesday, January 14th	Jan. 13th	No Charge	Cooking For 1 or 2 Class: at Senior Center
Wednesday, January 22nd	Jan. 21st	No Charge	Reflexology: at Senior Center
Friday, January 24th	Jan. 23rd	Breakfast On One's Own	Men's Breakfast: Chick's Café'
Tuesday, January 28th	Jan. 24th	No Charge Limited Tickets	Movies (TDB): Cinemark Theatre, Orem
Friday, January 31st	Jan. 13th	\$60	Howie Mandel Comedian Show: Dejoria Center, Kamas
Monday, February 10th	Jan. 10th	\$46 Dinner On Ones Own	Hale Theatre, "Bright Star": Sandy
Saturday, February 15th	Jan. 30th	\$60	Wilson Phillips Concert: Dejoria Center, Kamas
Thursday, February 20th	Jan. 6th	\$26	Men's BYU Basketball Game: Provo





# Activities, Programs & Events





WEEKDAYS

**EVERY WEEK DAY:**

**Billiards, Table Games, Computers,  
Chess, Checkers, Exercise Room,  
Reading, Puzzles**

**Tuesdays:**

**10:30 am: Chair Exercise Class**

**1:00 pm: Table Games, Ceramics, Billiards**

**Thursdays:**

**9:00, 10:00 & 11:00 am: Piano Classes taught  
by Christy Ackerson. Call to schedule a  
lesson 801-864-6403**

**1:00 pm: Bingo, Ceramics, Billiards**

**Fridays:**

**1:00 pm: Bridge Group**

# Senior Book Club

This group meets at

**10:30 am on the third Thursday of  
each month.**

The next meeting will be on

**January 16th.**

We are currently reading:

***Three Things About Elsie***

**by Joanna Cannon**

Call the Senior Center for more  
information 435-654-4920.



## CHUCK-A-RAMA

Would you like a 20% discount at Chuck-A-Rama?  
A \$1 donation to the Senior Center will get you a  
"Senior Club" card which will give you a 20%  
discount plus after 10 meals get 1 meal free!!  
All proceeds go to our Senior Center.

## Chair Exercise Class Tuesday Mornings

**10:30 A.M.**

**Room 157**

Everyone can benefit from exercise  
regardless of age or fitness level. Come  
join us in learning exercises to improve  
your endurance, strength, balance and  
flexibility. All ability levels are welcome.  
The class is taught by Ginny Otteson and  
Alicia Ames



## BOUTIQUE

Looking for that special baby gift or handcrafted  
item?

Check out our *Boutique & Ceramic* display at the Senior  
Center **FIRST!** Baby quilts & wraps, potholders, dish  
cloths, scarves, hats, mittens, dolls, & variety of ceramics  
are just a few of the items on display.

Any and all "crafters" are welcome to contribute their  
"handwork" to the Senior Center Boutique.

*Items displayed are changed regularly as crafters complete  
their projects, so check it often!*

(All proceeds to the Senior Center activities and the like)

## Wasatch County Caregiver Support and Education

Support Group meets at 4:00 pm the  
2nd Thursday of each month.  
Wasatch Senior Center,  
465 E 1200 S, Heber  
(435-654-4920)

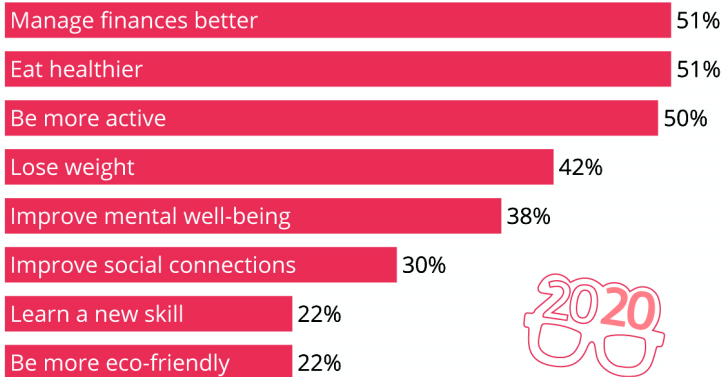


# New Years Resolutions

In 2020, I am going to.....

## America's Top New Year's Resolutions for 2020

Most popular new year's resolutions among those planning to make one or several



# Happy Birthday

Connie Chapman	1	Spencer VanLeeuwen	6	Viola Simmons	19	Moroni Besendorfer	27
Susan Kohler	1	Bob Kowallis	7	LaRue Mitchell	20	Paula Probst	27
Wende Knight	2	Joan Binggeli	8	Lloyd Gonzales	21	Brad Simmons	27
Mark Berg	3	Lorraine Branham	12	Lester (Dean) Lee	21	Caren Mostert	28
Donna Smith	3	Jeff Kelson	12	Patricia Provost	23	Nola Mae Bell	30
Keith Carlile	5	Mike McGinn	14	Wayne Hardman	25	John Besendorfer	30
Craig Chapman	5	Marie Fish	15	Flo Caldwell	26	Kelly Jarvis	30
Ruth Montgomery	5	Janet Winters	15	Larry B. Duke	26	Ken Nichols	30
Rhonda Sweat	5	Raneva Lemon	16	Don Huggard	26	Francis Smith	30
Lisa Gardner	6	Neil Broadhead	18	Dave Stensrud	26		

**Birthday Cards = Free Lunch!**  
Your Birthday Card will be mailed to you.

\*Don't forget to make a reservation.  
Does not need to be used during your birthday month.



Did you know.... All Proceeds from our Pop Machine go to support the Senior Center.

75¢



# Senior Giggles

